What is claimed is

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1. A method of estimating an uplink SINR of a CDMA channel, including the steps of

determining a first estimate of the signal power using the channelization code of said channel;

searching for and selecting an idle channelization code that is orthogonal to the channelization code of said channel;

determining a second estimate of the power of interference plus noise using said idle channelization code; and

forming said SINR estimate using said first and second estimates.

- 2. The method of claim 1, wherein said forming step includes rescaling said second estimate if the channelization code of said channel and said idle channelization code have different spreading factors.
- 3. The method of claim 1, including selecting an idle channelization code having lowest possible spreading factor.
- 4. The method of claim 3, including selecting the idle channelization code C_{ch,2,1} when 1 or 2 Dedicated Physical Data Channels are used on the uplink.
 - 5. The method of claim 3, including selecting the idle channelization code $C_{\text{ch},4,2}$ when 3 or 4 Dedicated Physical Data Channels are used on the uplink.
 - 6. The method of claim 3, including selecting the idle channelization code $C_{ch,8,1}$ when 5 or 6 Dedicated Physical Data Channels are used on the uplink.
 - 7. A method of estimating the power of uplink interference plus noise on a CDMA channel, including the steps of

searching for and selecting an idle channelization code that is orthogonal to the channelization code of said channel;

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determining an estimate of the power of interference plus noise using said idle channelization code.

- 8. The method of claim 7, including selecting an idle channelization code having lowest possible spreading factor.
 - 9. An arrangement for estimating an uplink SINR of a CDMA channel, including means (16, 40) for determining a first estimate of the signal power using the channelization code of said channel;
- means (28) searching for and selecting an idle channelization code that is orthogonal to the channelization code of said channel;

means (30) for determining a second estimate of the power of interference plus noise using said idle channelization code; and

means (32, 42) for forming said SINR estimate using said first and second estimates.

- 10. The arrangement of claim 9, including means (32, 42) for rescaling said second estimate if the channelization code of said channel and said idle channelization code have different spreading factors.
- 11. The arrangement of claim 9, including means (28) for selecting an idle channelization code having lowest possible spreading factor.
- 12. The arrangement of claim 11, including means (28) for selecting the idle channelization code C_{ch,2,1} when 1 or 2 Dedicated Physical Data Channels are used on the uplink.
 - 13. The arrangement of claim 11, including means (28) for selecting the idle channelization code $C_{ch,4,2}$ when 3 or 4 Dedicated Physical Data Channels are used on the uplink.

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- 14. The arrangement of claim 11, including means (28) for selecting the idle channelization code $C_{ch,8,1}$ when 5 or 6 Dedicated Physical Data Channels are used on the uplink.
- 5 15. An arrangement for estimating the power of uplink interference plus noise on a CDMA channel, including
 - means (28) searching for and selecting an idle channelization code that is orthogonal to the channelization code of said channel;
- means (30) for determining an estimate of the power of interference plus
 noise using said idle channelization code.
 - 16. The arrangement of claim 15, including means (28) for selecting an idle channelization code having lowest possible spreading factor.
- 17. A base station having an arrangement for estimating an uplink SINR of a CDMA channel, including
 - means (16, 40) for determining a first estimate of the signal power using the channelization code of said channel;
 - means (28) searching for and selecting an idle channelization code that is orthogonal to the channelization code of said channel;

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- means (30) for determining a second estimate of the power of interference plus noise using said idle channelization code; and
- means (32, 42) for forming said SINR estimate using said first and second estimates.
- 18. The base station of claim 17, including means (32, 42) for rescaling said second estimate if the channelization code of said channel and said idle channelization code have different spreading factors.
- 19. The base station of claim 17, including means (28) for selecting an idle channelization code having lowest possible spreading factor.

- 20. The base station of claim 19, including means (28) for selecting the idle channelization code $C_{ch,2,1}$ when 1 or 2 Dedicated Physical Data Channels are used on the uplink.
- 5 21. The base station of claim 19, including means (28) for selecting the idle channelization code C_{ch,4,2} when 3 or 4 Dedicated Physical Data Channels are used on the uplink.
- 22. The base station of claim 19, including means (28) for selecting the idle channelization code C_{ch,8,1} when 5 or 6 Dedicated Physical Data Channels are used on the uplink.
 - 23. A base station having an arrangement for estimating the power of uplink interference plus noise on a CDMA channel, including
- means (28) searching for and selecting an idle channelization code that is orthogonal to the channelization code of said channel;
 - means (30) for determining an estimate of the power of interference plus noise using said idle channelization code.
- 24. The base station of claim 23, including means (28) for selecting an idle channelization code having lowest possible spreading factor.